



Challah

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



187 kcal

BREAD

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 egg yolk
- ☐ 3 eggs beaten
- ☐ 3.3 cups flour all-purpose divided
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup non-dairy creamer frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar divided

- ☐ 0.3 cup warm water (105° to 115°)
- ☐ 2 tablespoons water

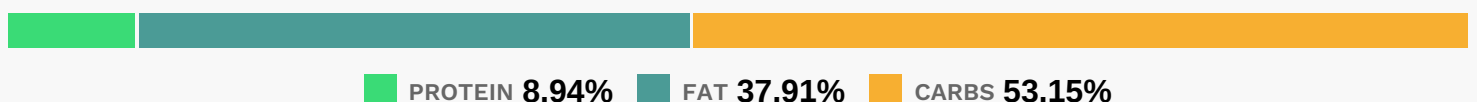
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Dissolve yeast and 1 teaspoon sugar in warm water, stirring well.
- ☐ Let stand 5 minutes or until bubbly.
- ☐ Cream 1/2 cup margarine in a large mixing bowl; gradually add remaining sugar and salt, beating well. Scald non-dairy creamer; let cool to 105 to 11
- ☐ Add non-dairy creamer, yeast mixture, eggs, and 1 yolk, stirring well. Gradually add 2 cups flour, beating well. Stir in remaining 1 1/4 cups flour (dough will be sticky).
- ☐ Place dough in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk. Stir dough down. Cover and refrigerate dough for at least 4 hours.
- ☐ Punch dough down; let rest 5 minutes. Divide dough in half. Divide one half into 3 equal portions; set aside remaining half. Shape each portion into a 10- inch rope. Braid ropes, pinching ends to seal.
- ☐ Place braided loaf in a greased 8-inch loaf pan. Repeat procedure with remaining half of dough. Cover and repeat rising procedure 1 hour or until doubled in bulk.
- ☐ Combine remaining yolk and 2 tablespoons water; beat well. Gently brush over tops of loaves.
- ☐ Bake at 350 for 20 minutes or until loaves sound hollow when tapped.
- ☐ Remove bread from pans immediately, and cool on wire racks. Slice and serve warm.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:16.93, Inflammation Score:-4, Nutrition Score:5.2939130399862%

Nutrients (% of daily need)

Calories: 186.51kcal (9.33%), Fat: 7.84g (12.06%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 23.92g (8.7%), Sugar: 5.12g (5.69%), Cholesterol: 42.84mg (14.28%), Sodium: 157.9mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Selenium: 11.91µg (17.02%), Vitamin B1: 0.25mg (16.9%), Folate: 62.29µg (15.57%), Vitamin B2: 0.19mg (11.18%), Manganese: 0.18mg (8.89%), Vitamin B3: 1.68mg (8.42%), Iron: 1.37mg (7.6%), Vitamin A: 315.64IU (6.31%), Phosphorus: 57.36mg (5.74%), Vitamin B5: 0.34mg (3.36%), Fiber: 0.8g (3.21%), Vitamin E: 0.41mg (2.74%), Copper: 0.05mg (2.33%), Zinc: 0.35mg (2.32%), Vitamin B6: 0.04mg (1.82%), Magnesium: 7.14mg (1.78%), Potassium: 61.36mg (1.75%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.23µg (1.5%), Calcium: 13.07mg (1.31%)